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FOR WOMEN

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Meet J. Elaine Hieber, 2006 games
chairperson for the Special
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NOTES

Notes from the newsroom

By Heidi Marttila-Losure

I'll bet that many of you reading this are already gearing up for the inaugural USA National Games of the Special Olympics.

At press time, there were nearly 7,000 volunteers from the greater Ames area on the roster of people for Special Olympics organizers to call on to serve during the July 1-7 event, and the list was still growing. I have a feeling that there are a good number of Facets readers in those ranks. Call it women's intuition.

To honor all of you who have chosen to give of your time, we're featuring one of those dedicated volunteers in our cover story this month: J. Elaine Hieber, the 2006 games chairperson.

Hieber said working with Special Olympics is really rewarding. She's even warned potential volunteers that there's a chance they'll get hooked on the experience.

"If you volunteer, you'll come back every time," she said. "The volunteer gets more out of the experience than what they give."

If you didn't sign up to help before the May 1 deadline, you can still make a difference for the athletes and their families. Give a smile to the thousands of visitors who will be in town for those seven days, and offer to give directions if they look lost. There will be national media attention on Ames during the event; let's put on our best face.



The faces of Special Olympics' athletes are bound to give you some inspiration; combine that with information from some of the other articles in this issue of Facets to find your own joy in physical exertion, as Debra Atkinson suggests. Check out the article on trends in women's fitness to see what others in the community are up to, then read Laurie Winslow Sargent's story about her two daughters to consider how personality may play a role in the fitness activity you choose. If nothing else comes to you, go for a walk in the woods, and pick some berries along the way; take the Food Bites article along as your guide.

Browse through this issue of Facets, then get set to recreate!

WELCOME TO

Facets

FACETS IS A SUPPLEMENT TO THE TRIBUNE

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Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

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FOR
WÖmen

Weight training, personal training among WOMEN'S FITNESS TRENDS

By Heidi Marttila-Losure

Pick up the bar and lift, ladies: Weight training is gaining popularity among women, especially classes where they can lift weights in a group setting with an instructor.

"Power Pump is by far our most popular class," said Nancy Shaw, public wellness manager at Ames Parks and Recreation.

Six classes are offered a week at the Ames Community Center, with 20 people in each class, and they are generally all full, Shaw said.

Women have been hearing a lot about the benefits of weight training, such as how it can help prevent osteoporosis, but getting into a weight room by themselves can be intimidating for some women, Shaw said. The classes offer women a structured way to do strength training, and once they've tried it, they like the results.

"They feel strong, they feel toned," Shaw said. "And it's fun."

Strength training has many benefits for women, according to Mayoclinic.com: It helps develop strong bones and decreases the risk of osteoporosis; it helps control weight by making your body burn fat more efficiently; it reduces risk of injury, specifically to your back; it can help improve your sense of well-being and overall body image; and it can help provide a better night's sleep.

From personal training to pilates

Shaw said she's noticed several other trends in women's fitness.

"A lot of women are working with personal trainers," she said. "Four to five years ago, women didn't do that. They thought they couldn't afford it or it just wasn't for them."

A survey of 50,000 fitness professionals conducted by the American Council on Exercise last year found that small-group personal training (for five or fewer people) is growing. This allows people to get the benefit of a personal trainer for a bit less money, and also allows the option of families working out together. Ames Parks and Recreation also has this option available.

There's also been a big boom in the popularity of ballroom dance classes, possibly because of the influence of recent TV shows and movies, Shaw said. And the mind-body trend continues to grow as women fill pilates and yoga classes at the Community Center.

Pilates and yoga not only improve flexibility and balance, they help women handle the stress in their lives, Shaw said.

"It kind of grounds them," she said.

Outdoor recreation

Some women are focusing on getting back to the basics of exercise. —Calvin Dunshee, owner/manager of

Lazy M Shoes, said he's noticed a trend away from women purchasing shoes for high-impact aerobics.

"Over the last four or five years, it's trended ... toward walking and running," he said.

There's also been more interest in getting off the beaten path when running and walking, requiring shoes with a more aggressive tread, he said.

Holly Aronson of Jax Outdoors says she's seen such a trend in inline skating. While traditional inline skates have proved to be very popular since Jax started carrying them recently, the store has also sold many pairs of LandRollers, which Aronson describes as "a Rollerblade on steroids": instead of four small wheels in the center, LandRollers feature two large wheels angled in from the outside of the boot.

"You can go over rougher terrain with those," said Aronson, who's sold them to both men and women.

The opening of Ada Hayden Heritage Park has also influenced purchases at Jax: The popularity of paddle sports has surged since then.

"A lot more women are getting into kayaking," Aronson said.

"(Kayaks) are a lot lighter, so women can pick them up and take them out on their own."

Heidi Marttila-Losure can be reached at 232-2161, Ext. 352, or hllosure@amestrib.com.

FITNESS STRATEGIES

Want to get fit? Here are some things to keep in mind before you begin:

- **Get your physician's OK first.**
- **Create a balanced exercises routine,** including components of cardio fitness, strength training, and flexibility and balance. "Some people may include one or the other," Nancy Shaw said, "but you need all of them."
- **Try to find activities you enjoy doing.** Shaw said she's sometimes decided she needs to go running. "I hate running," she said. "So I run for two weeks and quit. Sometimes we are in a mindset that we have to do this (certain thing) to be fit, when there are so many other things."
- **Schedule it into your day.** "Make an appointment, like you would for anything else," Shaw said.
- **Do research to see if there are people or programs that can help you.** Find an exercise buddy, if that will help you stay motivated. If you need child care, ask for support from your family, or look for a place that offers child care while you work out. For example, Ames Parks and Rec offers a drop-in program for 2- to 5-year-olds.

Anne Marie Zellar, in blue, teaches the popular Power Pump class at the Community Center in Ames.



CLEARANCE SALE

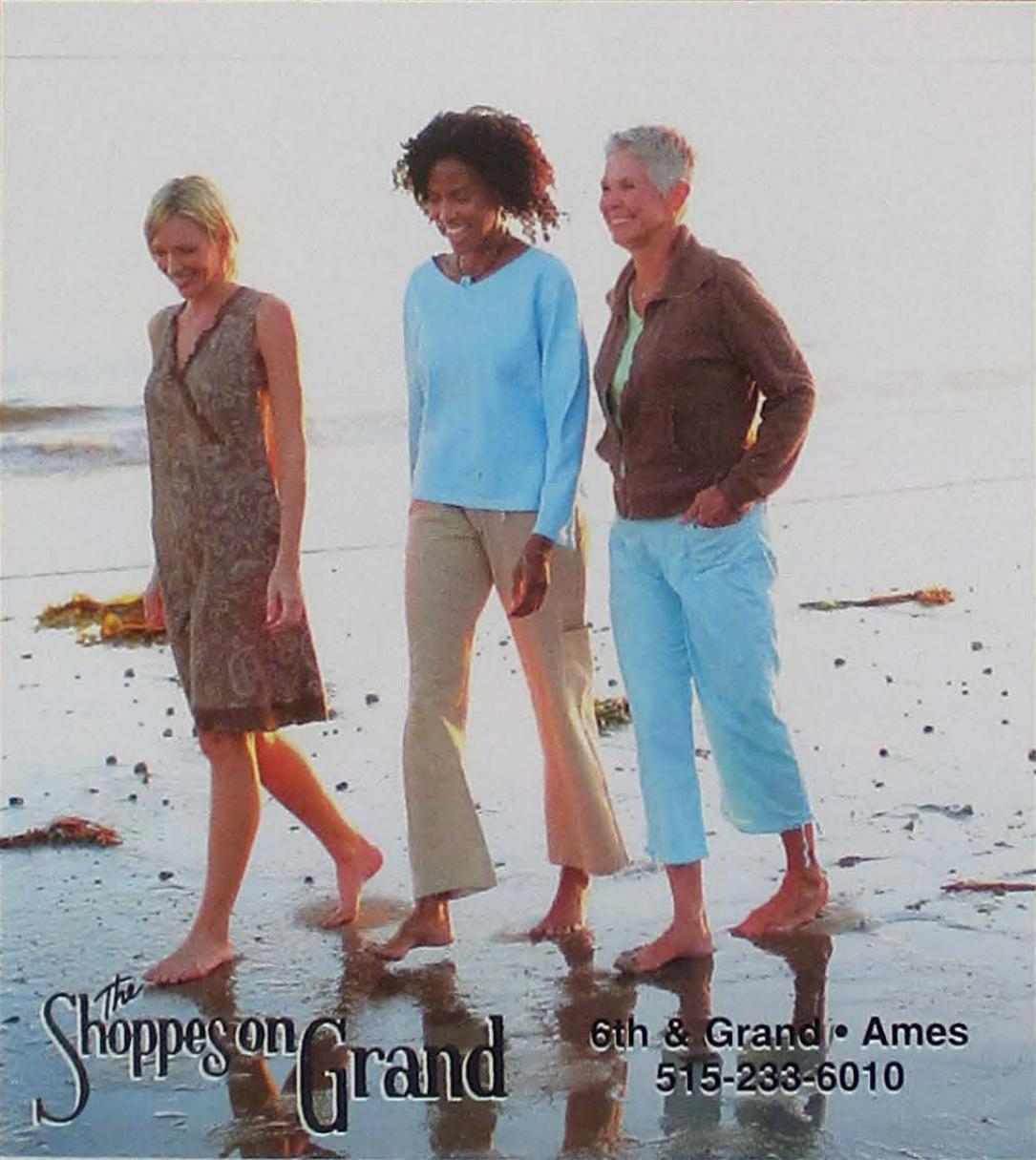
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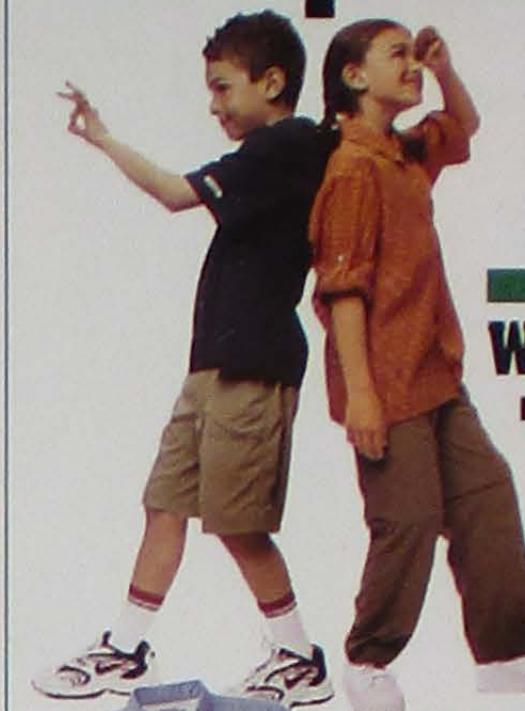
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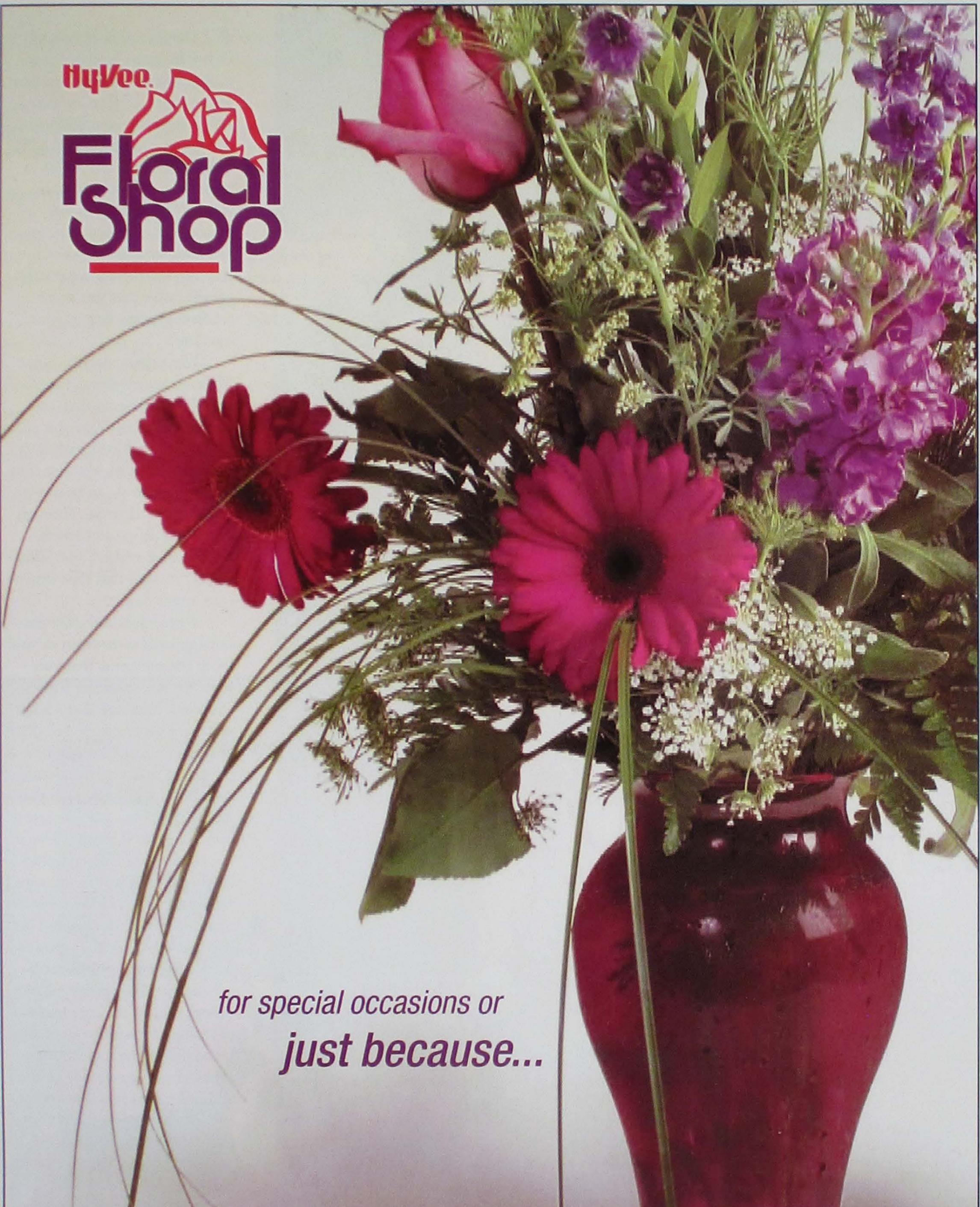
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joy in effort

By Debra Atkinson

● *In just a few days, Ames will be the host site for a very special event: the first national Special Olympics. The Special Olympics mission statement calls on its participants to "demonstrate courage, experience joy and participate in sharing gifts, skills and friendships." A worthy mission; the games utilize sports as a vehicle to support some lofty goals. Its vision states "sports training and competition improves the lives of people ... and in turn, the lives of everyone they touch."*



● The intention of Special Olympic events is to be "energizing, healthy, skillful, welcoming and joyful." Can an organization established in 1968 and still going strong, serving 2.25 million children and adults in more than 150 countries, be wrong? If they believe that through physical training, sports and competition the population they serve experiences personal growth, what can you do to emulate that mission in your own life?

The largest message is one of the personal growth experienced by athletes as they are courageous in their pursuit of a victory. The athlete's oath indicates the desire to win, but if he or she can't do so, to be courageous in the attempt. Through physical training and sports, these special athletes "find their voices" in ways that they otherwise might not.

Where does the most personal growth come from in you? From the moments that you won? Or the moments when you tried, knowing that a win was but a distant hope but that the joy in effort far outshined the gleam that a medal around your neck might have? All participants in most races receive something for finishing. That's not by accident. Effort should be rewarded; it isn't in the winning, and it isn't in the event as much as in the training and the striving to get better and reaching for the next goal. Research tells us that the positive feelings brought on by the anticipation of looking forward to something far outweigh the impact of the actual event. It may not be at all about the race, but about what happens to get you to the starting line in the first place.

Because Special Olympics has such a varied and widespread impact on athletes, volunteers and communities, it is a catalyst for social change. At the

end of each race or event, athletes at the Special Olympics will be greeted with welcoming hugs. Joy is spread. Let this joy have a ripple effect on you. Find your joy in effort this summer.

Competition

It doesn't have to be a race, a walk, or a ride to be competition. This is an opportunity for personal growth. You are competing with your inner self so much more than with anyone else. If you do find yourself at the starting line, you have won already against the couch or the chores or the to-do list that awaits you. You have won against the fear of embarrassment of what someone else might think or say. You have

won against the voices in your head that make it noisy up there sometimes. The alternative to an event or race for you might be a weekly challenge off your beaten path. A test of distance and time that serves as a benchmark for you, as example. It might be a match with a better player, a ride or run with someone faster, that gives you real insight to your potential.

Sports

You may not have thought "athlete" as a descriptor for yourself before this. There is an athlete within you, however — one that celebrates victories and agonizes over defeats. Your comfort zone until now may have been in the watching. If you

have been the hugger, it's your turn to run. Experience all it has to give. There are a number of sports that you can choose from — consider swimming, tennis, racquetball, golf, cycling, or running — that allow you to choose whether you want team or individual competition.

Triggers

Pull your reinforcement trigger. At the end of the race, the game, the goal, if there won't be a hug, what will it be for you? Set yourself up for wanting to repeat. For golfers it has long been the 19th hole. Couple your efforts with a treat of some kind until the treat becomes the activity itself. Rewards are for grown-ups, too.

Personal growth does not discriminate. You, too, are special in some way. You, too, can benefit. Find the joy in movement and in competition and community. If you have watched from the curb or the stands, experience the other side. You'll find it isn't so much the winning as the participating, the getting in the race and off the curb, that improves the lives of athletes and in turn the lives of all those around them. Find your voice.



Debra Atkinson is a senior lecturer in the Department of Health and Human Performance at Iowa State University and personal training director at Ames Racquet and Fitness Center.



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For some women, exercise lessens menopause symptoms



By Candice Choi
Associated Press

ALBANY, N.Y. (AP) —

Once at the mercy of hourly hot flashes, Margaret Corino has been keeping them at bay with regular trips to the gym.

When the 58-year-old woman skips exercise, the waves of heat "shoot back up again," she says. Corino, who lives in Johnson City, west of Albany, says her workouts have reduced hot flashes to just a couple a day.

Though the research is still thin, many health experts say even moderate exercise can help relieve the problems of menopause in some women, including anxiety, insomnia and night sweats.

Menopause, which typically occurs between the ages of 45 and 55, is when a woman stops menstruating. Symptoms can range from mood swings, to hot flashes, headaches and trouble focusing.

The National Institutes of Health is conducting a wide-ranging study of several issues related to menopause, including depression, cognitive and sexual function. NIH-backed research so far only suggests a link between physical activity and decreased symptoms of menopause — no proof exercise is a cure.

For example, women who exercise may report fewer hot flashes simply because they are

less preoccupied with such symptoms, said Sheryl Sherman, a doctor with the National Institute on Aging, an arm of NIH.

While experiences vary from woman to woman, some say even a little boost in physical activity goes a long way.

Just a week after starting a walking routine, 54-year-old Joan Newman saw a dramatic decline in hot flashes. "After that, every chance I got, I walked around the campus," said Newman, an administrative assistant at Missouri State University in Springfield, Mo.

She says her daily walks reduced hot flashes from hourly to five or six a day.

Exercise has many benefits

Dr. Lila Nachtigall, a spokeswoman for the North American Menopause Society, said it is critical for women to get exercise at this time of life despite the lack of conclusive evidence that exercise relieves menopausal symptoms.

As estrogen levels fall, it's easier for women to gain weight, Nachtigall said. Exercise also promotes an overall sense of well-being that helps women handle troublesome symptoms better, she said.

"It certainly can't hurt," she said.

Small studies have also suggested the pluses of exercise.

One by the American College of Sports Medicine showed strength training helped reduce hot flashes and headaches by 50 percent. Another published in the *Journal of Advanced Nursing* found exercise boosted overall health-related quality of life measures in menopausal women.

And a third in the *Journal of the American College of Cardiology* found exercise slowed the progression of hardening of the arteries, which is linked to lower levels of estrogen in women during menopause.

Exercise can lower the risk for cardiovascular disease in general and strengthen muscle to prevent fractures — another risk factor that grows as estrogen levels decline, said Barbara Bushman, a professor of health and physical education at Missouri State University and author of "Action Plan for Menopause."

At the very least, staying active can temper secondary effects of menopause like insomnia and weight gain, said Cedric Bryant, chief scientist for the American Council on Exercise.

"You may not be able to totally eliminate (the symptoms), but it seems you can certainly alleviate them," Bryant said.

Some are new to exercise

With exercise touted as a magic bullet for boosting everything from mental acuity to mood, it's no surprise that it may help during menopause, said Alycia Mastrangelo, a professor of physical therapy at Richard Stockton College of New Jersey.

Yet many women now going through that transition may have grown up in a time when a premium wasn't placed on physical activity, Mastrangelo said. "This is a group that historically doesn't exercise."

Experiences vary greatly, however, and some say exercise doesn't seem to curb their hot flashes at all. Marilyn Matrazzo, a 56-year-old resident of Colonie, an Albany suburb, said she's not sure her daily workouts help temper her hot flashes. But she persists to maintain a general sense of well-being.

"It helps everything — I just have more 'oomph' during the day and sleep better," she said.

What's your child's SPORTS PERSONALITY?

By Laurie Winslow Sargent

When my eldest daughter, Aimee, was in second grade, she wanted to sign up for a basketball camp sponsored by the city parks department. But, she told me emphatically, she only wanted to do so if her friends signed up too. She seemed to think, What fun could it possibly be without friends?

Years later, daughter No. 2 excitedly signed up for the same camp. With enthusiasm, I asked Elisa if she'd like her best friend to sign up with her. She thought for a moment, then with a serious expression on her face, apologetically said, "Um, no, not this time."

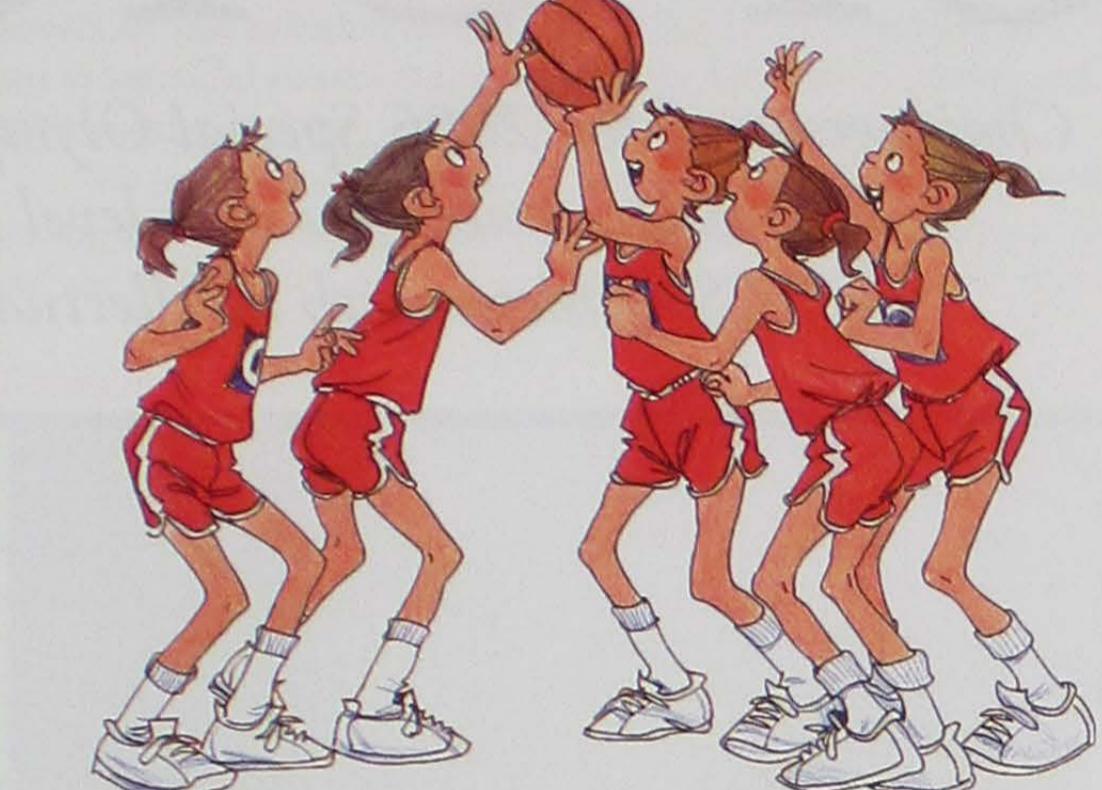
"Why not?" I asked.

She described how determined she was to learn the sport itself, and how she was concerned that her playful, exuberant friend might distract her. "Can we have other playdates instead?" she asked. Elisa seemed to think, What fun is it to learn a new sport if you can't concentrate on it?

Isn't it intriguing how two kids from the same family, interested in the exact same activity, can be so differently motivated?

Aimee prioritized (and still does) relationships over physical skills, and like many social, enthusiastic, extroverted kids, was — and is — energized and motivated most by any activities with people. Elisa, while equally sociable and loving her friends, yet has always been highly motivated to engage in sports-related activities in a more goal-oriented fashion. Although both kids were high-energy from birth on (ran at 10 months old, quit naps early, whew!) their personality differences quickly became apparent.

One ran pell-mell, helter-skelter, toward whatever caught her



fancy, joyfully burning energy like a wind-up toy that keeps going, and going, and going until finally it drops — but only for a moment. But her energy level, while high, was age-appropriate. It decreased gradually as she grew into a remarkably mellow teen.

Sister, on the other hand, was also always on the move, yet in a remarkably calm and coordinated way. She always planned physical movements with precision and seriousness. She'd practice a headstand, back-arch combo off the footrest over, and over, and over again to get it just right — and she wasn't much more than 2 years old. At age 3, after seeing the Olympic Games on television, she began calling an old bike parade ribbon her "gold medal."

As your children or grandchildren engage in summer sports, you may want to consider not only their physical abilities and need to release energy, but also their personalities. That may influence what activities you sign them up for (or urge them to stick with) and how you react to their frustrations and successes.

One book that well describes the value of differing personality

traits is the picture book "The Treasure Tree: Helping Your Child Understand His Personality" by Gary Smalley and John Trent. That book, a perennial favorite for our family, inspired all three of my kids as preschoolers to spontaneously assess and talk about their own personalities with some degree of insight. No matter how many books on personality typing I read, I still love Smalley and Trent's simple approach, showing how an otter, a beaver, a golden retriever, and a lion with different character traits work together to reach a common goal and learn to appreciate each other.

Just for fun, imagine how kids like these described below might interact with teammates or attempt goals as they utilize personality strengths and weaknesses:

- A talkative, energetic, optimistic and playful child, who at times is disorganized and impulsive ("What fun! Oops — our goal is in that direction?")
- An organized, analytical, high-achieving, responsible player — sometimes too detail-focused or over-concerned about fairness ("I can't believe the ref made that call!")

- A player who is sensitive to the needs of others and sometimes timid ("You really want me to steal the ball?")

- A natural-born leader, quick to take charge, but perhaps short on humility or the ability to team-play ("Don't you want to win this game?")

The children in your life are likely to have mix-and-match personalities, possessing a variety of traits not necessarily clustered like those above. Yet considering their individuality will help you best support them in sports and other activities. A five-day camp teaching a skill that encourages a child to do that which doesn't come naturally nor comfortably may be healthy and build new confidence. A year-long commitment to a competitive team, however, that does not utilize a child's personality strengths in addition to athletic strengths (or steals time from other activities that provide nourishment) may cause frustration.

It took some degree of personal insight for my second-grader to think about her best friend's personality plus her own motivation when enrolling in basketball camp. We adults, who often choose simply to keep busy, would do well to think too before leaping into activities. By considering personality strengths and weaknesses, plus what energizes and motivates, families can choose the most rewarding summer fun.



Adapted by Laurie Winslow Sargent from her book "Delight in Your Child's Design" (2005, Tyndale House Publishers) on appreciating differences in children. Request a free mini-poster listing personality traits, read Chapter One, or e-mail comments to Laurie via www.ParentChildPlay.com.



J. ELAINE HIEBER

- 2006 games chairperson for the Special Olympics USA National Games
- Moved to Ames 25 years ago, when Iowa State University merged its men's and women's athletics departments. She left a job as assistant athletics director at Miami University in Ohio to assume the same job title at ISU.
- Was senior associate director of athletics when she left ISU in 2003.

NATIONAL SPECIAL OLYMPICS GAMES BY THE NUMBERS

- 3,000 athletes competing
- 50 states represented by the athletes
- 2,000 coaches and official delegates
- 10,000 family members and friends of athletes
- about 7,000 volunteers
- 12 different sports

Sharing the joy of SPORTS

Chairperson of the 2006 Special Olympics USA National Games helps establish a new level of competition for U.S. athletes with intellectual disabilities



By Heidi Marttila-Losure

After Elaine Hieber left a full-time job at Iowa State University in 2003, she thought taking part in athletics as a volunteer would allow her to better control her time.

"That was so stupid," she said with a smile.

As the 2006 Special Olympics USA National Games chairperson, she now knows better. She has a full-time volunteer position. But the time commitment doesn't make her any less thrilled to be involved with these ground-breaking games, which are the first national games to be held in the United States and will draw thousands of athletes and their coaches and families right here to Ames from July 1 to 8.

"It's not work," Hieber said. "It's an opportunity to make a difference."

Making the blueprint for national games

Hieber said many people are confused about the significance of the upcoming event in Ames, saying, haven't there been national games before?

Short answer: No. The large-scale games they are thinking of were international, not national.

Here's a little Special Olympics history: The organiza-

- 300 Citation aircraft will transport athletes and coaches to Des Moines International Airport as part of the Cessna Airlift
- 15 semi truckloads of water will be provided

tion was started in 1968 by Eunice Kennedy Shriver, when the first International Special Olympics Games (featuring athletes from the United States and Canada) were held in Chicago. The goal of the games was to provide an opportunity for people with intellectual disabilities to benefit from sports competition, and for the public to see that these people had more potential than was often realized. From the successful first event in Chicago, the games grew steadily until 2000, when a campaign for growth sped up the expansion. Now, the program serves more than 2.25 million athletes in more than 150 countries, and the international games are held every two years in locations across the globe.

"Internationally, this is great," Hieber said.

It means the program is growing and more people are benefiting from the games. But as the number of world participants grows, fewer U.S. athletes are able to take part in the international competition.

Three years ago, the announcement was made: The United States would join the ranks of countries to have a national Special Olympics competition, thereby creating more opportunities for U.S. athletes, and the first games would be held at Iowa State University in Ames.

So part of Hieber's job as chairperson is to create a blueprint for planners of future national games to follow.

Her first order of business: Find good people.

"You're only as good as the people you work with," Hieber said. "And I think we're going to have an outstanding games because of the caliber of our leadership group."

The event will have 12 sports, and each sport has a top-level sports commissioner. For

example, former ISU gymnastics coach K.J. Kindler, three-time Big 12 Coach of the Year, will be the commissioner for gymnastics. Bill Bergen, renowned former ISU track and field coach, also is in the leadership group. The rest of the commissioners are just as high-level and just as ingrained in athletics, Hieber said.

"We just go down the line, pulling together a strong nucleus," she said.

Taking their breath away

Organizers are setting the bar high for future national games, starting with the largest airlift in history bringing athletes to the games on July 1 and taking them home again on July 8.

Three hundred Cessna Citations will depart from about 35 states and land or take off at the Des Moines International Airport every 60 to 90 seconds during a 14-hour period on July 1. Each Citation will carry four to seven athletes and their coaches. The airlift is made possible by businesses or individuals who donate the use of the Citations for the cause.

The torch run leading up to the games also is noteworthy. The run, sponsored by U.S. law enforcement agencies, will take the torch from Soldier Field in Chicago (where the first games were held in 1968) across the Mississippi and through 80 of Iowa's counties (three torches will be making this circuit) before coming to Ames for the games' opening ceremonies on July 2.

The opening ceremonies will take place in the 15,000-seat Hilton Coliseum and will feature big-name entertainment as well as the Parade of Athletes and the lighting of the Olympic cauldron.

"When people actually see (the cauldron) lit, it will take their breath away," Hieber said.

There's also lots of hoopla planned for the Fourth of July, which organizers hope will be a grand communitywide celebration. Events are planned throughout the day, and the fireworks at dusk will be spectacular, Hieber said.

But the competitions are still the heart of the games, and the mission is still the same: increase opportunities for people with intellectual disabilities and raise awareness among the public about the issues they face.

You may have noticed, for example, that the term "mental retardation" is no longer preferred by Special Olympics. It's come to mean something very negative, with schoolchildren using "retard" as a taunt, Hieber said.

"We're trying to change the connotation," she said. "People with intellectual disabilities still have a lot to contribute to society."

Sharing joy

And one of those contributions just might be inspiration.

Hieber said she loves watching the joy of these athletes. She's seen them find wonder in touching the turf, and she's seen others elated when their picture was displayed on the huge screens above the competition.

She was very moved during one of the previous games when she watched a man with a cane running a race. And doing well, too — he came in second.

"How many of us would run with a cane?" she said. "Seeing how hard these athletes work lets us know how fortunate we are."

"I've led a very blessed life. For me to have the opportunity to give back, and to help provide opportunities for others in athletics, is really rewarding."

Heidi Marttila-Losure can be reached at 232-2161, Ext. 352, or losure@amestrib.com.

WHY IOWA?

While people from the coasts might ask why the inaugural National Special Olympics landed in flyover country, Elaine Hieber said there are good reasons for Iowa's selection.

One is the quality of the state Special Olympics program, which is well established and well run, said Hieber, who first became involved with the Special Olympics as a university liaison when the state games were held at Iowa State University.

Another is the fact that Iowa is in the middle of the country, making it as easy to get to from one coast as from another. The quality of sports venues at ISU was another factor, Hieber said.

And still another reason is the caliber of volunteers in the area. They have shown their dedication to Special Olympics before, most recently for the state games in May. Many people gave of their time for the state games, even though most of the attention was already on the upcoming national games.

"It speaks so well of Ames to have so many willing volunteers," Hieber said.

A pastime of PAST TIMES

Collections & knowledge grow while antiquing



By Nancy Lewis

I had never been much interested in antiques and antiquing until my mother gave me my grandmother's darning egg.

Darning eggs aren't very common any more, but in my grandmother's time almost every household had one. Mostly they were made of wood – an egg shape about two to three inches long, often with a handle. When a sock needed mending, you put the egg part into the sock and held the fabric tightly against the handle while you made the darn. My mother never used one, and I never learned to use one either, but I remember my grandmother darning my dad's socks when she came to visit. I was so pleased to have the darning egg she had used, and I enjoyed the way it felt in my hand.

Then I went to what is now

Antique Ames, looking for a large glass container. As I hunted, I saw two more darning eggs. They weren't expensive, and they were quite different from the one I had. Grandma's has a dark brown varnish, while one of these was a golden color and the other was covered in black lacquer. And so I bought them, and suddenly I had a collection.

At first I just looked when I happened to be near an antique store. Then I began to make excuses to spend time in Antique Ames. I would stop in the antique shops in Valley Junction when I was in Des Moines. When my older daughter came for a holiday visit, we discovered that the two big Des Moines antique malls, the Brass Armadillo and the Majestic Lion, are open New Year's Day. So we did that. Then it was an all-day trip to Walnut, which has over 20 antique stores and malls. Soon I

was wanting to stop in every antique store on the way to anywhere.

And the collection grew.

I learned that in Europe the darning devices were shaped like, and called, mushrooms. I collected some of them, including two very large mushrooms meant to be used for darning linens. I found other collectible items connected with darning. Special thread called darning cotton used to be available for darning heavy socks. Other special thread made of silk was for mending women's silk or rayon hose. I found that sometimes this special thread was stored in hand-crocheted containers. So I started collecting the thread and the containers.

Since women's hose were very likely to snag and run, products to stop runs were available. Often these were chemical compounds that became sticky when wet. Blobs of these compounds would

be attached to cardboard sticks in a way that made them look like safety matches. They were packaged in folders that looked like match books, and when a woman had a small hole in a stocking she would wet the tip of the "match" and touch it to the hole to stop a run from developing. Often these "matchbooks" of run stopper would be given away by merchants as advertising. I started buying them as well.

Before the age of plastic, sewing needles and pins were often packaged in paper. Again, sometimes merchants would give them away as advertising. Needle "books" – collections of many sizes of needles – would have pictures, often of women sewing or teaching little girls to sew. These also found a place in my collection.

I discovered that darning eggs had been made not only of wood, but also of glass and china. They

were also made of bakelite and celluloid, which were early forms of plastic. I learned that gloves were also darned, and I bought a few glove darners, though they were a lot more expensive. Some darning eggs have silver handles. I became aware that at one time a lady could have a darning egg with a handle that matched her sterling silver knives and forks. I found and bought some darning eggs that are hollow inside for storage of needles and thread.

Because darning eggs were made at a time when most wooden products came from small local factories, they varied in design in different parts of the United States. The ones made in the Midwest tend to have handles that are glued to the "egg" section, whereas those made in California are likely to have handle and egg as one piece.

Pretty soon I had to start buying containers for my collection. So I bought sewing boxes: wooden ones, tin ones, wicker

ones. I bought a glass display case for my favorite items. The collection was just about as big as I could live with.

So now I still look, but I don't very often buy. I get a lot of pleasure just being in an antique store, whether it is a narrow storefront open a few hours a week or a huge mall with over a hundred dealers. Now I don't look only for sewing things. I also notice the wooden toys; the blue, green, yellow and pink glassware; the quilts, dresser scarves and doilies; the hand tools, crocks and wooden kegs; the tin advertisements; the musical instruments; and old pictures. I often discover that some of the kitchen bowls and storage containers that I was given as a bride 50 years ago are now "antiques."



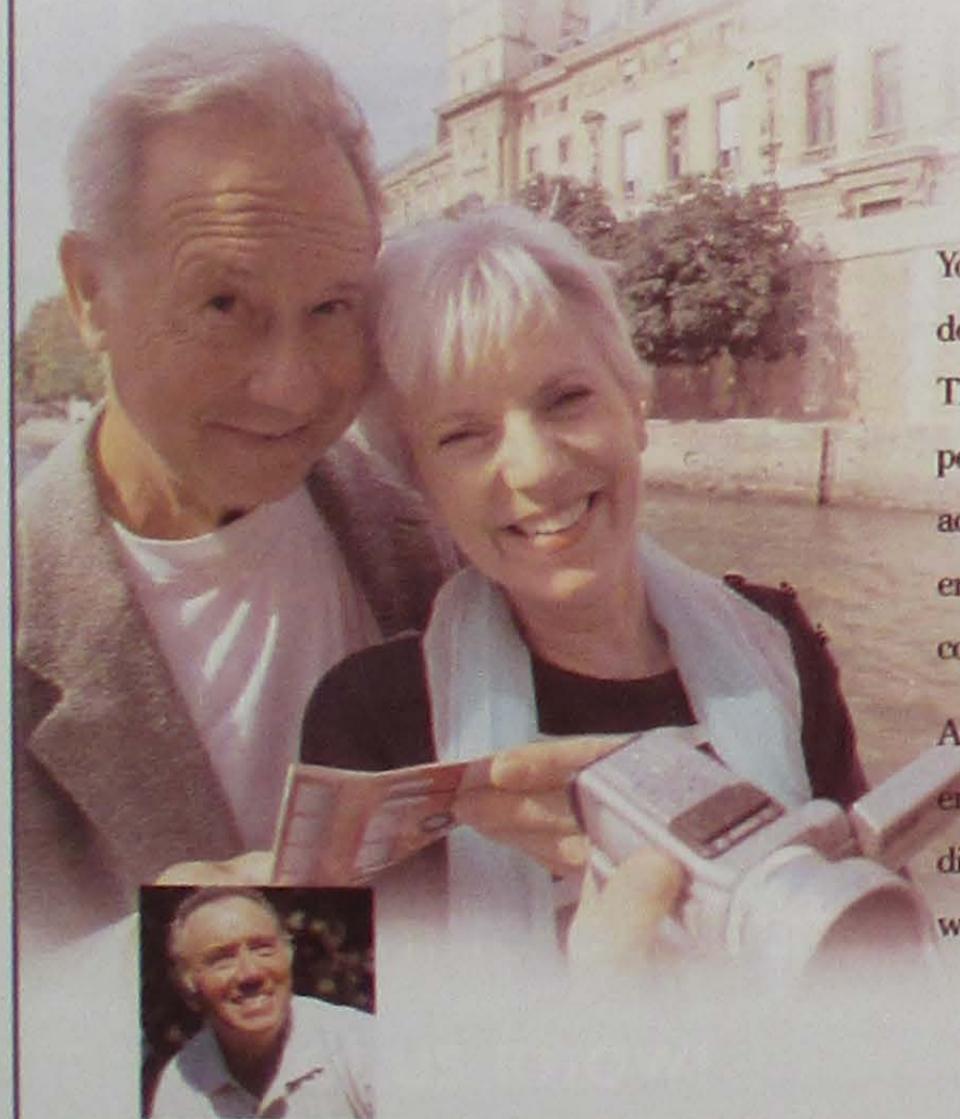
Nancy Lewis lives in Ames and can be reached at 233-2874.

INTERESTED IN ANTIQUING?

If you think you might be interested in antiquing, Antique Ames on Main Street is a great place to start. It is located on several floors of a former furniture store. Or you can go up to Story City, where the Carousel Antique Mall is all on ground level. A guide is published every year listing all the antique shops and malls in Iowa. A magazine called Antique Week puts out a guide to shops and malls that covers the central United States. At www.Antique-Directory.com, you can find out about antique stores anywhere.

Finally, I need to mention one of the most popular programs on public television. "Antiques Roadshow" is filmed in various cities. Their appraisers inspect items brought in by ordinary people and put the most interesting ones on their show. Sometimes Aunt Jenny's garage sale find is worth thousands of dollars, but more often a treasured heirloom turns out to have only sentimental value. In either case, the collector and the viewer have had a good time and have learned something.

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Mary Greeley Medical Center
PRIME *Alive* **TIME**

sports & YOUR SKIN

By Dr. Kathy L.P. Cook

Athletes spend a lot of time practicing their sports — and sometimes battling skin conditions that accompany their activities. Here are some of the common skin problems that can confront athletes of all levels.

SKIN INFECTIONS

One of the most common problems is skin infections. They occur for a variety of reasons, including excessive sweating. This extra moisture can soften the skin and decrease its ability to provide a barrier. Bacterial infections and infections around hair follicles (called folliculitis) are common.

Impetigo is a contagious infection that has yellow, crusted, well-defined lesions. It is usually caused by staph or strep organisms, and antibiotics are required to treat it. Athletes should not play if these areas can't be covered.

Fungal and yeast infections are also common in moist areas, such as feet and the groin area. To prevent these infections:

1. Wear loose clothing. This allows sweat to evaporate and helps cool the body.
2. Wear absorbent socks and change them often. Air out your shoes.
3. Bathe and put on clean clothes as soon as possible after exercising. Bacteria can grow on moist skin.
4. Do not compete in contact sports if you have communicable skin infections.

EFFECTS OF FRICTION

Friction causes skin problems such as blisters, rashes and acne mechanica.

Blisters can decrease performance, and they also can become infected.

To prevent blisters:

1. Lubricate hands and feet with petroleum jelly.
2. Use gloves or wrap hands with gauze or protective bandages if that is practical.
3. Wear shoes that fit properly. Break in new shoes gradually so you feet can adjust to them. Wear shoes specific for a sport.
4. Acrylic socks help eliminate friction and wick away perspi-

ration. Socks with padded insoles can help decrease friction, and layering of socks can minimize shearing forces.

5. Do not cut off the top of a blister. Cover the blister with a bandage.
6. Joggers can have problems with their nipples due to friction. Applying patches over nipples or using soft-fiber bras or shirts can help.

Rashes also occur due to rubbing of sports equipment. Some of the above tips can help, but if the rash is severe or persistent, it may be necessary to see your dermatologist to get the proper diagnosis and care.

Acne mechanica refers to acne that results from heat, pressure, occlusion and friction. Common areas to see it are shoulders, back and forehead areas that are covered by protective gear. To help prevent it, wear a clean T-shirt made of cotton or material that will wick away moisture underneath the pads or uniform.

Shower or wash the areas immediately after activity. Over-the-counter products that contain salicylic acid or resorcinol are helpful. Benzyl peroxides can also help, but they can bleach clothing. If these measures do not help, then a dermatologist can prescribe additional medications.

PROBLEMS FROM THE WATER

Swimmers can have problems such as sunburns, athlete's foot, dry skin and green hair.

To prevent sunburns, use sunscreen and reapply frequently when swimming.

Wear some type of footwear in pool areas and dry your feet after swimming to prevent athlete's foot.

Applying moisturizers after showering when finished with swimming can help dry skin problems.

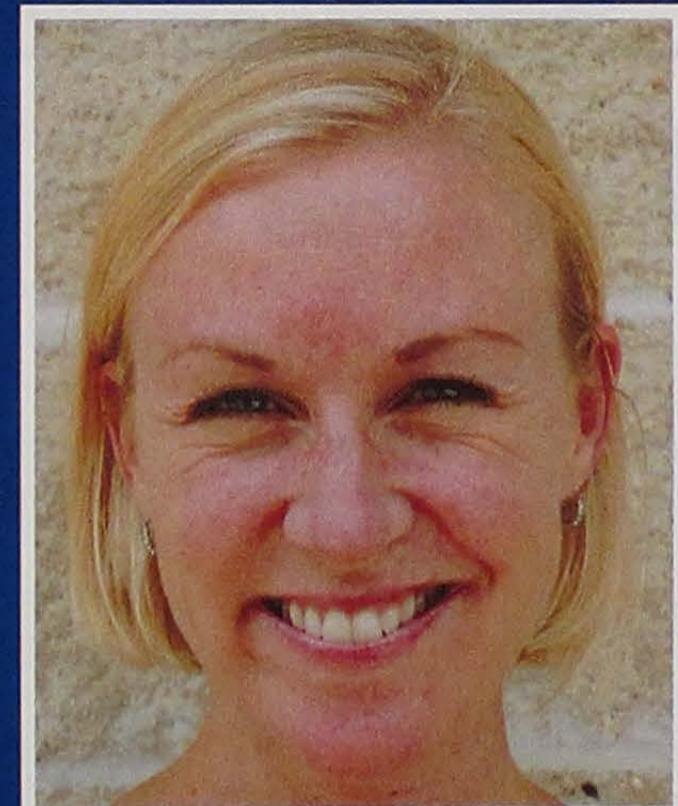
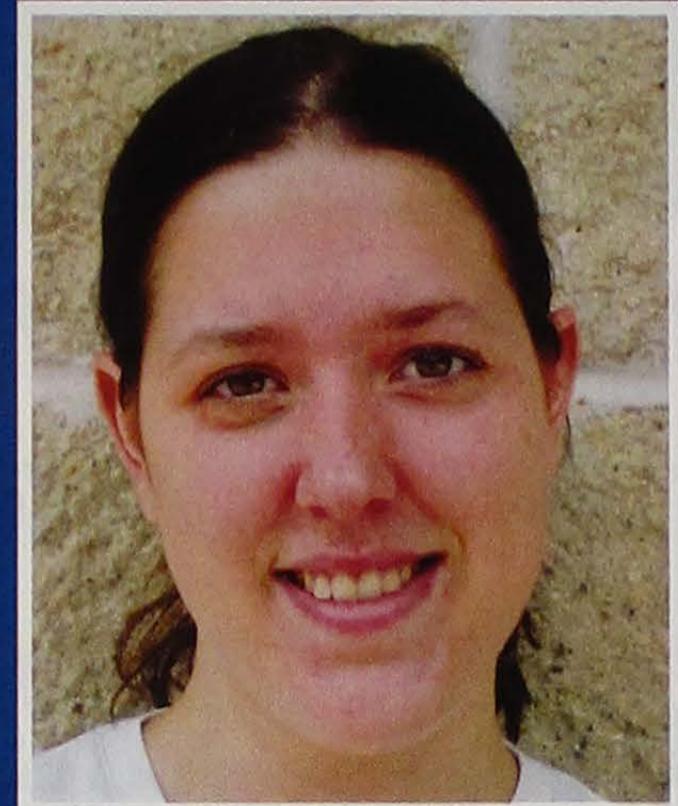
Green hair is not caused by chlorine but by copper ions with the chlorine possibly acting as a bleach. It's a cosmetic problem, not a medical concern. To treat green hair, apply a 2 to 3 percent solution of hydrogen peroxide

and leave it in the hair for 30 minutes to remove the color; however, this will bleach the hair. Special shampoos are also available that will help when used after swimming and are available over the counter.

Dr. Kathy L. P. Cook is a dermatologist at Skin Solutions Dermatology in Ames. She can be reached at 232-3006.

FACETS FACES

Aqua instructors at Ames Parks & Recreation

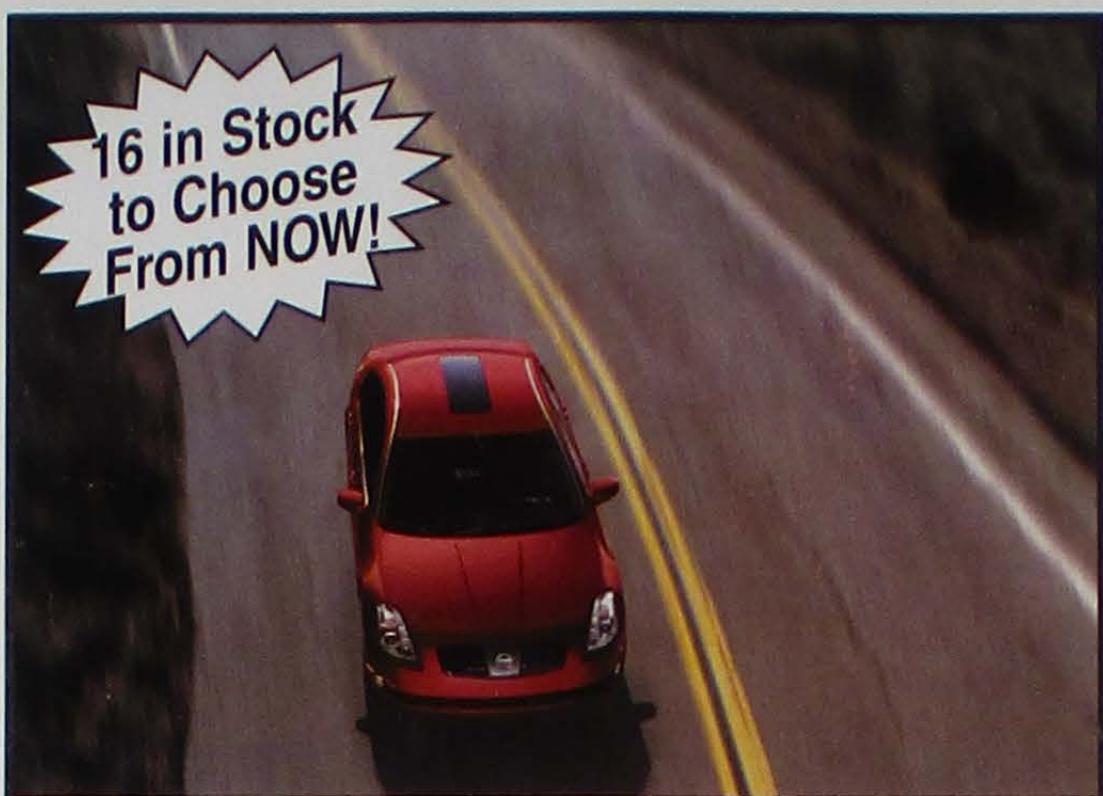


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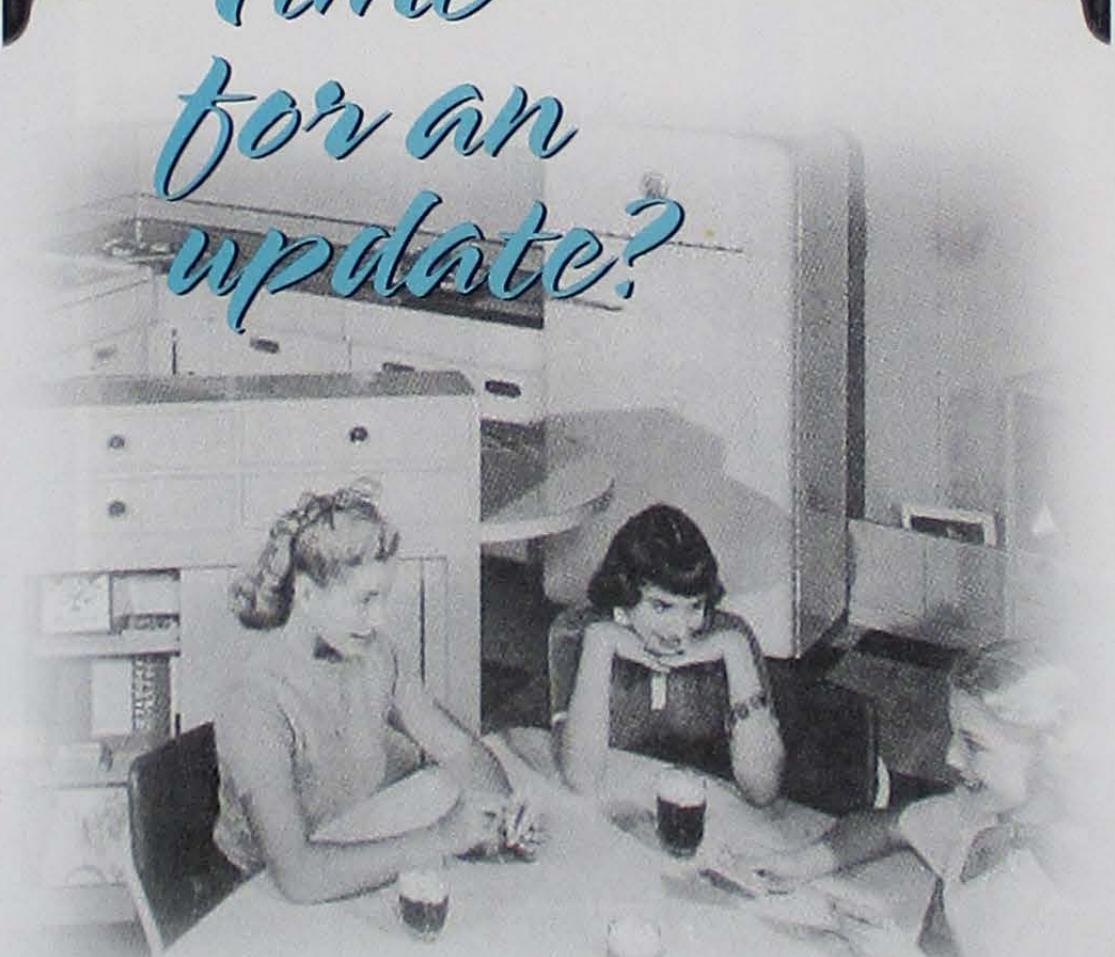
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WOMEN'S ISSUES IN THE NEWS

Women passing or catching men in college areas once dominated by men

WASHINGTON (AP) — Women now earn the majority of diplomas in fields men used to dominate — from biology to business — and have caught up in pursuit of law, medicine and other advanced degrees.

Even with such enormous gains over the past 25 years, women are paid less than men in comparable jobs and lag in landing top positions on college campuses.

Federal statistics released June 1 show that in many ways, the gender gap among college students is widening. The story is largely one of progress for women, stagnation for men.

Women earn the majority of bachelor's degrees in business, biological sciences, social sciences and history. The same is true for traditional strongholds such as education and psychology.

In undergraduate and graduate disciplines where women trail men, they are gaining ground, earning larger numbers of degrees in math, physical sciences and agriculture.

"Women are going in directions that maybe their mothers or grandmothers never even thought about going," said Avis Jones-DeWeever, who oversees education policy for the Institute of Women's Policy Research.

"We're teaching girls that they need to be able to explore every opportunity that they are interested in. It's good to see that is happening," she said.

The findings were part of a 379-page report, "The Condition of Education," a yearly compilation of statistics that give a picture of academic trends.

Beyond opting out: Women seek flexible solutions to tugs of work and family

BOISE, Idaho (AP) — Among those seeking mid-life career changes are many women trying to balance the competing demands of family and work.

For most of her working life, Katy Nachman had enough money to take a vacation, but not enough time. About a year ago, that changed. Nachman, who has an MBA, left her marketing job to help her husband run a whitewater rafting and adventure travel business in central Idaho.

Now she has all the scheduling flexibility she needs to travel and be with her family—but "now we don't have the funds," said Nachman, 34.

"It's a huge tradeoff. There's a middle ground there somewhere that I skipped."

There's a debate going on about whether more educated women than ever are giving up on work in favor of being full-time mothers. What's clear is

that many women are looking for more flexible arrangements than they found in the corporate world.

Carol Christ, president of Smith College in Northampton, Mass., said the topic comes up every time she meets with alumni groups.

"There have been a number of stories, really based on anecdotes, rather than systematic data, suggesting there's the 'opt-out revolution,'" said Christ.

Instead, she said, most educated women who leave do so for a few years, then return to work when their children are older. "To argue, as some people do, that because individual women make a choice to balance work and family differently when their children are young, that somehow we're in the midst of a revolution that is compromising the advances of feminism, is really a wrong conclusion," she said.

Better for babies: Wait at least 18 months between pregnancies

CHICAGO (AP) — Women can maximize their chances of having healthy babies by spacing their pregnancies at least 18 months but no more than five years apart, researchers say.

The researchers reached that conclusion after an analysis of 67 international studies involving more than 11 million pregnancies.

The analysis found that spacing babies too close together or too far apart raises the risk of complications such as premature births and low birth weight.

The findings suggest that millions of infant deaths could be avoided worldwide with better family planning, said co-author Dr. Agustin Conde-Agudelo of Santa Fe de Bogota Foundation in Colombia.

"The financial cost of birth spacing programs is lower than the financial cost of infant

deaths, of course," Conde-Agudelo said in an e-mail.

Pregnancy and nursing use up nutrients in a woman's body, he said, and for a woman to get pregnant again before she has a chance to recover nutritionally may mean higher risks for the baby.

As for why long intervals between births cause problems too, he speculated that time could diminish a woman's reproductive capacity and that factors that decrease fertility also could lead to poor fetal development.

The analysis found that for each month under 18 months between pregnancies, the risk of premature birth increased 1.9 percent. For each month longer than 59 months between pregnancies, the chances of premature birth climbed 0.6 percent.

The analysis appears in the Journal of the American Medical Association in April.

FOOD BITES

Berried TREASURE

By Heidi Marttila-Losure

I measure my wealth in three ways — and money isn't one of them.

If I have these three things, I consider myself a rich woman: A little spare time, a few good books and a generous supply of berries in the freezer.

I've always loved berry picking. A walk in the woods is somehow more satisfying when there is a bowlful of berries to show for the effort. And there's an element to harvesting berries that keeps a person humble, unlike gardening, which fosters a certain amount of pride in human ability to force food from the soil. These delectable berries have grown on their own, without human interference or help; all we have to do is show up and be thankful as we pick them.

Steve Lekwa, director of Story County Conservation, provided a list of berries that can be found locally, as well as where to find them (the berry aficionados in the newsroom were tempted not to let this information get out), how to use them and when to look for them.

Lekwa did provide a few warnings for berry pickers: "Watch for poison ivy that often grows near and with the wild grapes and black raspberries," he said. "Ticks may also frequent brushy berry patches."



Marjakiisseli (Finnish berry fruit soup)

If you are at a loss for what to do with your berry harvest, besides savoring them one by one, this is a recipe that can work with just about any type of berry. I've made it with strawberries, gooseberries, blueberries and raspberries, as well as a mixture of them. Just adjust the sugar to the berries' tartness. This is a dessert staple in Finland, where my grandmother makes it from fresh berries in the summer and from frozen berries the rest of the year. The traditional way to serve kiisseli is over rice pudding, but it can also be eaten plain, with a dollop of cream or with a sprinkling of sugar.

2 to 3 cups rinsed berries
2 cups water
3/4 cup sugar
3 tablespoons potato starch

Cook berries in water until they are soft, stirring occasionally. Add sugar a bit at a time, tasting as you add, until the mixture reaches the desired sweetness. In a small container, mix the potato starch with a few tablespoons of cold water. Slowly add this to the berry mixture, stirring constantly. Bring the mixture just to a boil, stirring constantly, until it thickens.

BERRIES IN STORY COUNTY

JULY 2006 | facets 21

Information from Steve Lekwa, director of Story County Conservation, as well as "The BackYard Berry Book" by Stella Otto

Berry	Where it's found locally	What it's good for	When to look for it
	black raspberry Nearly all woodland parks and wooded areas of trails; it's very common, and can bear heavily in good years.	It's seedy but good and worth picking to eat and for jellies and jams.	Late June to mid-July
	gooseberry Most woodland park areas, but less known and used; it also bears fruit less heavily than raspberries.	Makes good pie.	July
	elderberry Stone woodland edges and a few places along local trails; it's very productive where found but little used.	Bland, but a few wild grapes spice them up. Makes a nice jelly or wine.	Early August
	wild grape Common in Skunk River Greenbelt near the river and on some farm fences; plants bear fruit irregularly.	Makes about the best jelly that can be found!	August to September
	strawberry Fairly common in more open woodlands and in some prairies (East Peterson has great patches).	Very small, seedy and tasty for eating fresh or using in desserts.	June to July
	red currant A few fruit-bearing patches along the Praeri Rail Trail and Heart of Iowa Trail.	Makes good juice, jelly or wine.	July
	blackberry Uncommon, and less common now than 30 years ago; a few can be found at West Peterson near the power lines and at Ketelsen Marsh.	Great for eating fresh, or they pair nicely with elderberries for making jam or wine.	July into early August
	red mulberry Fairly common; in McFarland Park on the edge of woody areas, and along the Praeri Rail Trail and Heart of Iowa Trail.	Used for pies or eating as you find them.	June
	black cherry Fairly common in woodland edges and along local trails.	A bit of a wild aftertaste and little used; can be used for making wine.	End of June
	wild plum Good fruiting thickets can be found in woodland edges at the Praeri Rail Trail, at Hickory Grove's wildlife areas, at McFarland Park and at Robison Park.	The skins are the tart part, but the meat is very sweet and makes wonderful preserves.	August

'No Hands, No Feet, NO PROBLEM?'

*What's extraordinary about Don Lund
is how normal his life is*

By Marisa Myhre

With the Special Olympics coming to town, inspirational stories of athletes overcoming disabilities will blossom in Ames. In this spirit, a local author has put his amazing story directly onto paper.

At noon Saturday, July 8, Don Lund will be at Hastings to sign copies of his book, "No Hands, No Feet, No Problem?", and speak about his life spent working his way onto sports fields despite being born without hands or feet.

The book, now available for purchase at Hastings, begins with a list of pros and cons to having no hands or legs. The book itself is written in two parts, the first by journalist Brian Fleck, a personal friend of Don's, using interviews of Don's friends and family as well as of Don himself. The second half of the book is Don's first-person account of his own life. Don is also a journalist, and the book is written very much like a newspaper article. Pictures fill the book, adding vivid detail to the story.

Brian Fleck opens by saying Don was born with the abilities of a professional athlete without the skills to use them, but was lucky enough to be born into the perfect community and family to help him reach his full potential.

Don was expected to be completely normal, as his mother's checkups during pregnancy and the birth process went exactly as expected. Instead, he was born a quadruple congenital amputee. His right leg went only to his right kneecap, his left leg to the ankle. His right arm went down to the wrist, his left arm one inch shorter. No hands, no feet.

Despite the doctor's predictions, Don developed rapidly on his family farm outside Rolfe. He rolled over, sat unassisted and pulled himself up on furniture at much the same rate as his older brother. Soon Don had progressed beyond the physical level doctors had expected he would ever reach.

At the age of 2, he went to the

University of Iowa hospital to have a peg leg put on. At 3, his development was so advanced that his doctors decided he should go to a more advanced hospital.

Over the years Don grew rapidly, making many trips to hospitals to have the peg leg and the hooks on both hands adjusted and to have physical therapy. At one point,

As he grew, Don got into sports. He played baseball, learning to catch the ball, throw it in the air, take off the glove, catch the ball and throw it back. Although he wasn't supposed to play football, the school staff broke the rules for him until eighth grade.

In high school, he kept score for the team and handled equipment while writing sports stories for the local paper. Don also writes frankly about his drug and alcohol addiction that started in high school and plagued him through college.

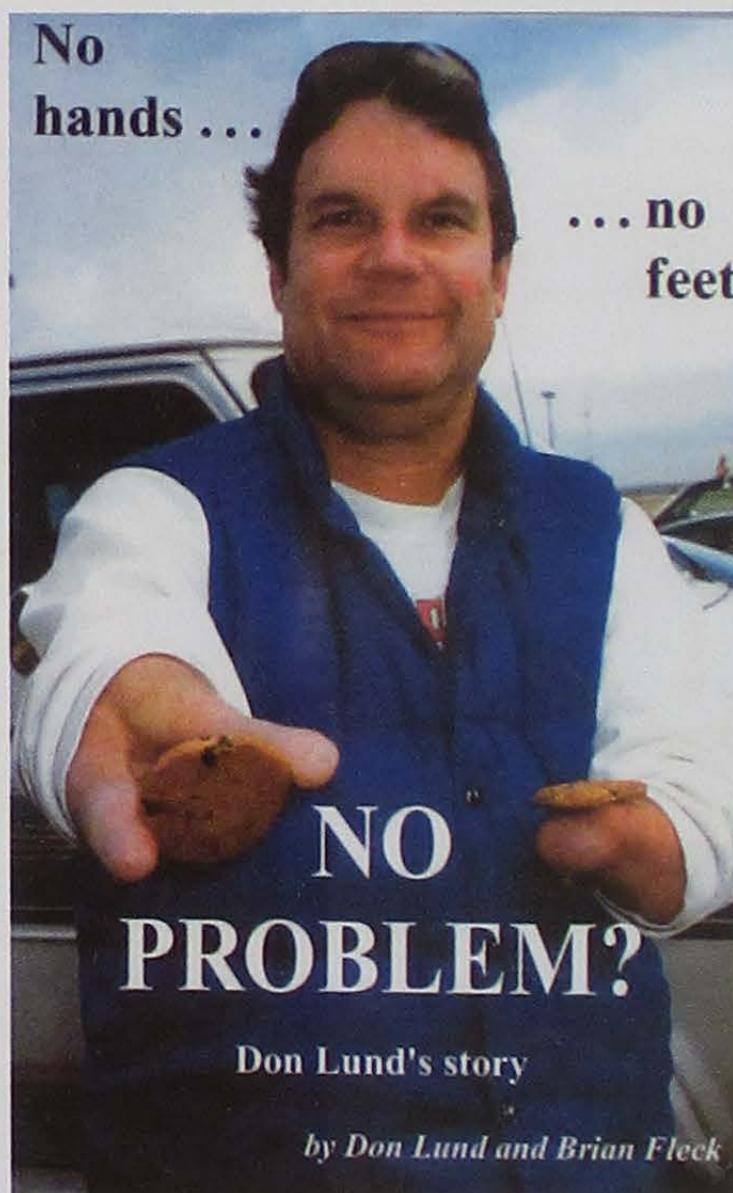
A friend encouraged him to get into wrestling in college. When he moved on to University of Iowa, he worked with the football team, but going in and out of rehab made finishing college difficult. Don praises his religion and family for getting him through; eventually he managed to get a degree in communications and arts.

By the end Don has beaten all the habits. He's writing sports stories for a paper and working for Amway. He joined the Legionnaires, a proud tradition in his family, and started tutoring children.

Sports figures heavily through all of Don's writing. He is constantly recounting the Hawk's record for this year or that or where the Cubs were at any given time, a true sports reporter.

Reading the book, after the initial description of his disability, Don nearly stops mentioning his lack of arms and legs. Occasional while reading I would forget, listening to a fairly normal story, that he is handicapped in any way.

I encourage everyone to come meet Don, hear more about his struggle, catch up on his story, and be a part of the inspiration he spreads.



Don had his prosthetic devices refitted 10 times in the space of three years.

Around this time, Don's family and doctors decided he would have an operation called a "Krunkenberg" (named after the doctor who developed it) that split the bones in his right arm in two and allowed him to open and close the two. The result looks like a lobster claw, but it provides Don much more utility as well as a sense of touch, and he now says he can do anything a person with normal hands could.



Marisa Myhre is book manager at Hastings in Ames. She can be reached at 233-3610 or marisamyhre@hotmail.com.

hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

The bicycle: A vehicle for women's lib

By Heidi Marttila-Losure

The summer after my first year of college, biking was my escape.

I was back home that summer after living in a dorm for the school year, dealing with the undercurrent of stress that results from returning to the nest after a year of spreading my wings. I had a summer job at a temp agency, going wherever they sent me when they had work for me to do — which, unfortunately for my bank account at start of my sophomore year, was about half as often as I would have liked. And a boyfriend and I had parted ways at the end of the school year, leaving me telling myself things like "There are plenty of fish in the sea." Looking back, my worries were those of a young woman who was lucky enough not to know what serious problems were, but at the time, they took a fair amount of my attention.

But all those thoughts faded as I stepped onto my bicycle during those beautiful, long Dakota evenings, when the prairie wind held its breath as the sun made its stunning purple and orange slide toward the horizon.

Sometimes, I challenged myself to go farther than I had the evening before, or to go as hard as I could to the top of the hill. But most of the time I just let myself fall into the rhythm of pedaling and coasting, taking steady breaths of the evening air,

not worrying so much about where I was going or how fast I was getting there but just taking pleasure in making the effort to move.



I found out recently that I'm not the only woman who found some freedom on the seat of a bicycle: This ingeniously simple two-wheeled mode of transportation played an important role in the women's rights movement at the turn of the last century.

The source of my new knowledge is the book "Nike is a Goddess: The History on Women in Sports." Bicycles were cheaper and lighter than carriages in the 1890s, Mariah Burton Nelson writes in the book's introduction, meaning women of all social levels could travel alone — or alone with male companions, as chaperones often did not want to learn to ride the new machinery.

Bicycling by themselves enhanced women's perceptions of themselves; in 1895, Elizabeth Cady Stanton wrote, "Many a woman is riding to the suffrage on a bicycle." And pedaling on the open road with men also enhanced the quality of relationships between the genders. A woman wrote an entire book on the liberating effects of cycling in 1895. "We saw with satisfaction," Frances Willard wrote in "A Wheel

Within a Wheel," "the great advantage in good fellowship and mutual understanding between men and women who take the road together, sharing its hardships and rejoicing in the poetry of motion."

But there were critics of women's steps into the world of physical activity, according to Nelson. Some said the saddles on a bicycle induced menstruation and caused contracted vaginas and collapsed uteruses. Others said that the upward tilt of the seats meant women could appear to be engaging in healthy physical activity and instead be practicing the "solitary vice" of masturbation.

"None of which convinced women to get off their bikes," Nelson writes. And as more women found the freedom to be physically active through the bicycle, they muscled their way into other sports arenas as well.

Women's sports are vital to women's liberation, Nelson writes, because "women's liberation begins with women's bodies," including issues like anorexia, sex abuse, birth control, and abortion. "Female athletes repossess their bodies," she continues:

Lunging for a soccer ball, women do not worry if their hair looks attractive. Leaping over a high bar, they do not wish they had bigger breasts. Strapped snugly into a race car, roaring around the track at 220 miles per

hour, they do not stop and wave.

While playing sports, women use their bodies to do as they please. If in that process female bodies look unladylike — if they become bruised or bloody or simply unattractive — that seems irrelevant. Women own their bodies. While running to catch a ball, they remember that.



I knew none of this that summer nine years ago. And I don't think the term "athlete" described me then, or ever.

But I knew what it was like to have my usual concerns seem irrelevant as I pumped the pedals. And when I stepped off my bicycle at the end of the ride, even as my legs tried to buckle from the change in muscle dynamics, I knew I was a little bit better than I had been when I started: My heart was a little healthier, my muscles were a little stronger, and my mind was a little better able to face whatever came on the road ahead.

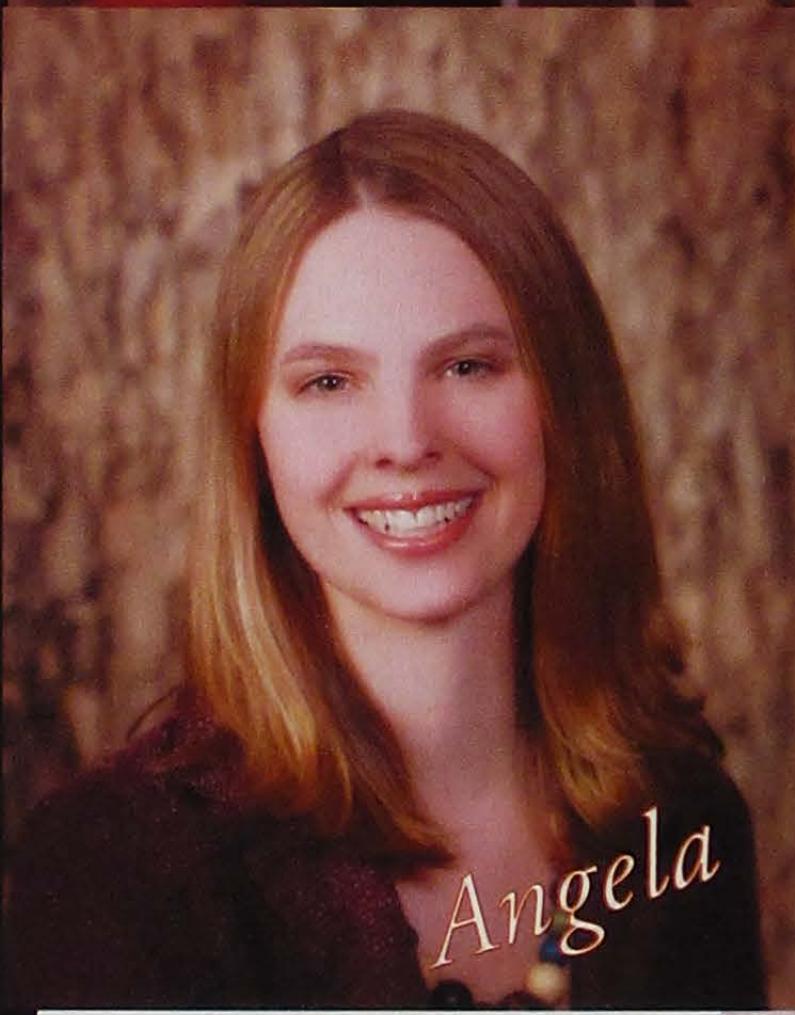
If that's not a taste of liberation, I don't know what is.



Heidi Marttila-Losure can be reached at 232-2161, Ext. 352, or hlosure@amestrib.com.

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